



CITY OF COLLEGE PARK SENIORS PROGRAM NEWSLETTER

FOR CITY OF COLLEGE PARK SENIORS

Greetings College Park Seniors,

COVID-19 (Corona Virus) precautions continue to require that residents stay home, except for essential travel or work. Please continue to use safety measures such as: washing your hands frequently, avoiding touching your eyes, nose and mouth, covering coughs and sneezes with a tissue and then discarding, coughing into your arm/elbow and disinfecting frequently touched surfaces such as door knobs, light switches, faucets and tables. If you plan to travel outside of your home, cover your mouth and nose with a mask or other covering. We encourage you to stay at home excluding essential services.

Seniors Program staff are still available at 301-345-8100

For the City's current information on COVID-19 visit www.collegeparkmd.gov/covid19.

Listed below are a few resources that may be helpful during this unprecedented time.

Please keep them in mind for you or anyone else who may benefit.

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| • Alerts and resources related to COVID-19 | Text "MDReady" to 898211 |
| • For general questions and resources about COVID-19 | 211 |
| • To <u>register</u> for a free, daily call check for seniors | 1-866-50-CHECK |
| • College Park Meals on Wheels | 301-474-1002 |
| • Report Scams | 410-576-6300 |
| • Verify charity donations, Secretary of State | 410-974-5521 |
| • Mobile Crisis Response for Prince George's County | 301-429-2185 |
| • Prince George's County General Crisis Hotline | 301-864-7161 |
| • Prince George's County Child Protective Service | 301-909-2450 |
| • Prince George's County Family Crisis | 301-731-1203 |



FIND REASONS TO LAUGH.

ACKNOWLEDGE ALL THAT YOU ARE GRATEFUL FOR.

ADJUST YOUR EVERYDAY SCHEDULE TO INCLUDE A MODIFIED VERSION OF WHAT YOU LOVE TO DO.

STAY POSITIVE AND REACH OUT TO OTHERS.

IMPORTANT PHONE NUMBERS

Seniors Program 301-345-8100
Medicare 1-800-633-4227
Social Security 1-800-772-1213

City of College Park Seniors Program Staff

Angie Burns Seniors Program Manager
Fatima Knight Seniors Advocate
Deidre Massey Administrative Assistant
Donna Jones Seniors Social Coordinator

Bus Operators: Marina Guzman
James Eubanks
Joseph Shearin

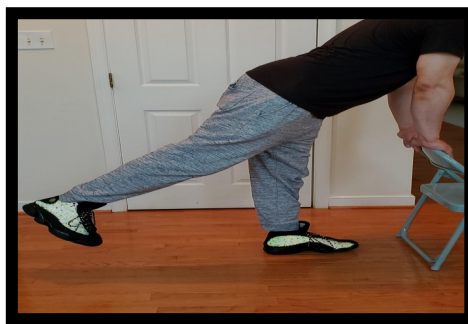
**Exercise
Your Mind!**

Lets Get Moving!

Exercises To Try At Home

Back Leg Raise

This exercise makes your bottom and your lower back stronger. Stand behind a chair. Slowly lift your right leg straight back – don't bend your knees. Hold that position for one second, then gently bring your leg back down. Repeat this five times per leg.



Toe Lifts

This exercise improves balance. You can use a chair or a counter. Stand straight and put your arms on the back of a chair or counter. Raise yourself up on your toes as high as you can go, then gently lower yourself. Don't lean too far forward on the chair or counter. Repeat 5 times.



*In honor of Memorial Day,
we salute all men and women who
lost their lives during military service.*



**** If you would like to receive a monthly email version of the College Park Seniors Newsletter, please visit: www.collegeparkmd.gov/cpconnect to sign up. The newsletter is also available for viewing online at <https://www.collegeparkmd.gov/seniorsprogram> in the Social Activities Section ****